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ABSTRACT

This educational program on drugs and alcohol provides a "No-Use" message to students. The curriculum maintains that alcohol, tobacco, and illicit drugs are unhealthy and harmful, and that society's laws and values are to be respected. The lessons build students' resistance to influences that encourage drug abuse and they promote safe, healthy, and responsible attitudes while correcting mistaken beliefs and assumptions about drugs and alcohol. Lessons appear on 36 "Task Cards" which are intended to be used once a week during a traditional school year. The sequence and frequency with which these Task Cards are used, though, is at the instructor's discretion. Cards may be completed individually or in a group. Each card contains a benchmark (a one or two line goal for the lesson), a short message that the facilitator can present to the students, and an activity, all of which are age appropriate. If students work in groups, they are encouraged to create and display a team name, a pennant or banner with their team symbol, a license plate, a team motto or slogan, and a simulated 1-800 phone number. Students are encouraged to adopt a cartoon character name, from a list in the back, and design a drug and alcohol poster with a message that features the cartoon character they have created. (RJM)

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Drexler Associates, Inc, P.O. Box 722, Erie, PA 16512

SPARKS EDUCATIONAL PROGRAMS

Smart People Act Responsibly to Keep Safe

DRUG AND ALCOHOL AWARENESS

FOR

Grade Eight

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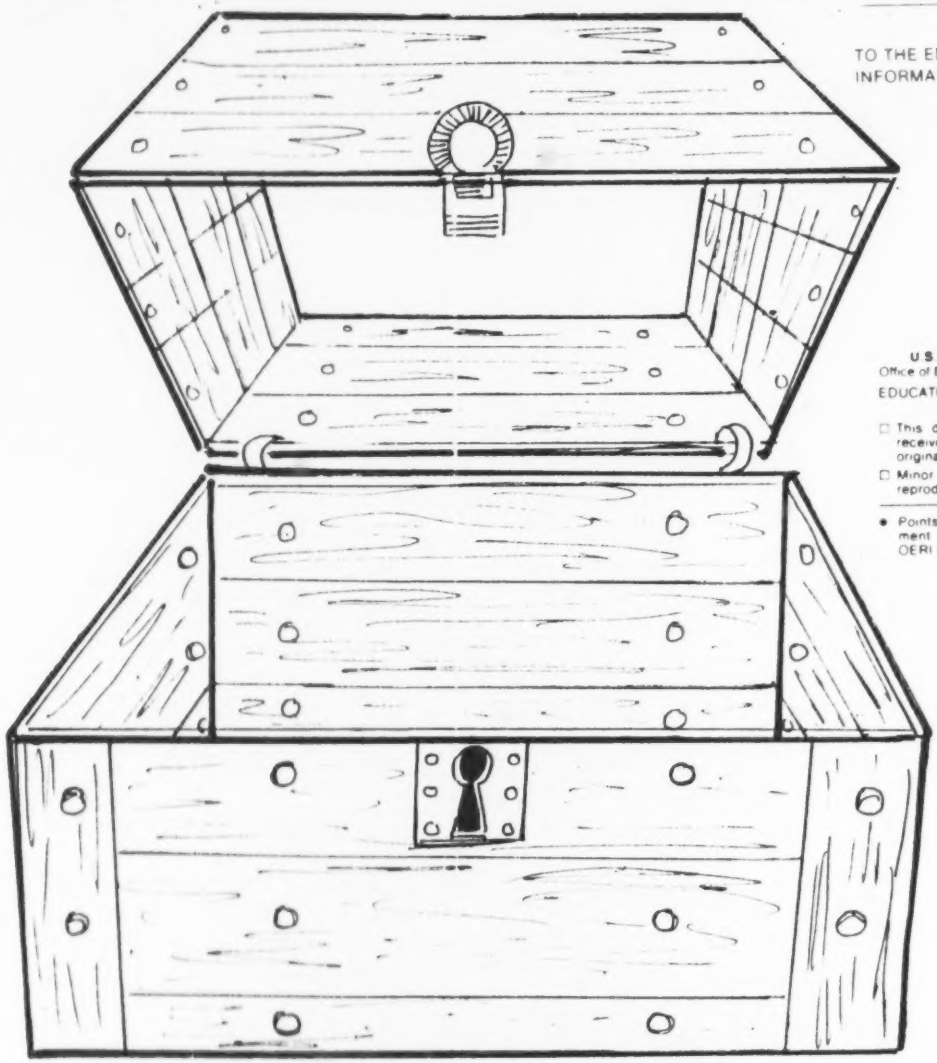

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SPARKS EDUCATIONAL PROGRAMS

Drug and Alcohol Awareness Programs

Nora L. Drexler, the author and illustrator of SPARKS EDUCATIONAL PROGRAMS, received her M. Ed. from Gannon University and has received special training in Gifted Education from the University of Connecticut. She has taught regular and gifted education in Kindergarten through grade eight in Pennsylvania. Currently she teaches Gifted Education in the Millcreek Township School District in Erie, Pennsylvania. She has participated in the Governor's Lead Teacher Program in PA. She gives national and international presentations, and teaches new trends in computer technology. She implements cooperative learning, integrated curriculums and directs educational television programs for children.

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RATIONALE

SPARKS, (Smart People Act Responsibly to Keep Safe), is a nationally marketed, educational program brought to you exclusively by Drexler Associates, Inc. The "NO-USE" message in this curricula is clear, consistent, and positively communicated throughout this material. This program spirals in a continuous progression from kindergarten through grade eight and maintains that the use of alcohol, tobacco and illicit drugs is unhealthy and harmful, and that the laws and values of our society are to be respected. This program builds resistance to influences that encourage drug abuse, promotes safe, healthy and responsible attitudes, and corrects mistaken beliefs and assumptions.

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TO THE TEACHER/ FACILITATOR

The lessons on the "Task Cards" in this publication are designed for use once a week, for a traditional thirty-six week school year. However, the actual sequence or frequency of these Task Cards should be at the discretion of the prevailing instructor, counselor or group leader in charge. Benchmarks should be discussed or written in a journal. The Task Cards can be completed individually, or in cooperative learning group situations. Optional tests are available for purchase from Drexler Associates, Inc.

If students are working in small groups of three or four students, they should create and display their team names, a pennant or banner with their team symbol, a license plate (Example: WE-ARE-#1), a team motto or slogan, and a simulated 1-800 phone number. (Example: 1-800-NODRUGS).

Each student adopts a cartoon character name, from the list at the end of this publication, and designs a drug and alcohol poster with a message showing the cartoon character they have created. Drug or alcohol facts should also appear on the poster.

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To the Student: About Drugs and Crime

When drugs are prescribed by doctors and used wisely, they can ease pain and suffering, help fight infection and even cure diseases. But when drugs are not supervised by a doctor, not used wisely, or used by someone other than the person for whom the drug was prescribed, they can cause pain, suffering, illness and even death. Do not experiment with any drugs, medicine, alcohol or chemicals!

Sooner or later, you will probably come in contact with people who are using illegal drugs or alcohol or, who are selling or "pushing" this habit on others. You may be tempted to try the drug because of stories you have heard, of promises made by the "pusher," just from curiousity, or because of the pressure to do whatever your friends are doing. However, drugs will NEVER help you get better grades, will NEVER make you more popular, and will NEVER solve any problems that you may have.

Drugs and alcohol can cause you a lot of pain, make you very sick and even cause death. It may seem hard for you to say "No," but it is certainly easier to refuse drugs NOW, than to try to break the habit later. Be strong in your plans to stay clean and free from drugs, alcohol and crime. Don't hang around with other kids who get into trouble with the law, or who use drugs or alcohol. Stick with friends who respect the drug-free, crime-free choice. You must learn the facts about drug and alcohol abuse, and care about your body, your mind, and your future.

Crime is everybody's business! Preventing crime is everyone's duty. All citizens in our country have the responsibility of keeping themselves safe and their community safe. You also, share in this important responsibility. Laws of your state and city, as well as the rules within your home, school and community, were designed to keep you safe and help you grow up to be the best you can be. Obey the laws. Obey the rules. Encourage your friends to respect laws, rules and property. Whenever a crime is committed, everyone pays. Taxes go up, more money is spent to fix property, or to punish criminals, or to hire more staff to help protect innocent people. Think about it. This is money that could have been routed for other purposes such as health care, research for diseases, better parks, roads, education, inventions, space travel, etc. Whenever a crime is commited, someone is injured or rights are violated. Crime hurts everyone. It takes a long time to rebuild damaged property and fix broken lives. Everyone suffers. Everyone pays the price.

You and your classmates can help. Take steps to prevent crime. Follow the rules. Report law breakers or suspicious behavior. Be respectful of those in authority. Honor police officers and those who risk their lives every day so that you and your family can have a better life, without fear of intruders, vandalism, pollution, theft, or drivers on the road who are under the influence of alcohol or drugs. Perhaps, you, too, will choose a career in law, or law enforcement, to continue to help our citizens live and grow in a crime-free, drug-free environment.

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TASK CARD # 1

BENCHMARKS - The student should know that:

* About 4 million teenagers have a drinking problem
* Accidents that are related to drugs are the leading cause of death for people 15 to 24 years old
* Students who use drugs and alcohol will also be in trouble with the law
* People who are thin and underweight will be drunk faster than those of normal weight
* Alcohol never solves a problem

Activities: Problem Solving, Generating a List, Discussions

* List ten problems that you have. Choose problems that you can share orally
* Star the five biggest problems
* Now prioritize those five, with the worst problem at the top of the list
* Match others in the group who have chosen that # 1 priority problem
* Generate many ways to solve that problem
* Share those solutions with the class

TASK CARD # 2

BENCHMARKS - The student should know that:

* Cigarettes contain more than 4,000 chemicals that are harmful
* Cigarettes contain chemicals that cause cancer
* There is smokeless tobacco, but it is just as harmful as the kind that is smoked
* About 18 out of every 100 teenagers are smokers

Activities: Scavenger Hunt, Brainstorming, Debate

Hunt for ads that show cigarettes. How do commercials and advertisements in magazines try to show that smoking is "cool" or fun to do? What else do advertisers do to make smoking more appealing? In what ways do they make smoking look harmless?

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TASK CARD # 3

BENCHMARKS - The student should:

* Understand that about 1/3 of all wine coolers in the U.S. are consumed by students in grades 7 - 12
* Understand why teenagers drink. Surveys show 25% to get high, 25% because they're bored, .41% when they are upset, 31% drink alone
* Know that in a survey of 2.6 million teenagers, the majority did not know that you can die from an overdose of alcohol

Activities: Letter Writing, Phone Calls

Call toll-free numbers or write to these agencies to receive more information. There are many other agencies and foundations in addition to these:

Alcoholics Anonymous
Am. Council for Drug Education
Boy Scouts of Am. Drug Task Force
Drug Enforc. Adm - US Dept Justice
Girls Incorporated
Insurance Institute for Hwy Safety
Just Say NO International
National Assoc. of Broadcasters
National Safety Council
National Assoc. of State Alcohol & Drug Abuse
National Black Alcoholism Council
National Clearinghouse of Drug & Alcohol Abuse
National Commission Against Drunk Driving
National Crime Prevention Council
National Institute on Drug Abuse
National Parents Resource Institute for Drug Ed.
Office of Substance Abuse Prevention
Students Against Drunk Driving

TASK CARD # 4

BENCHMARKS - The student should know:

* That alcohol's pathway is through the entire body

Activity: Chart, Posters, Display

* Make large colorful posters to show the pathway of alcohol in the body. Hang them in hallways, cafeterias, bulletin boards, etc.

* Mouth - Alcohol is drunk.
* Stomach - Alcohol goes to the stomach. Some goes through the wall into the bloodstream, but most goes down into the small intestine
* Small Intestine - Most alcohol goes through walls of intestine into the bloodstream
* Bloodstream - Carries alcohol to all parts of body-brain, heart, liver
* Liver - Changes alcohol to water, carbon dioxide and energy at rate of 1/2 once per hour
* Brain - alcohol goes to the brain and keeps passing through, until the liver has completely changed it all to water, carbondioxide and energy

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TASK CARD # 5

BENCHMARKS - The student should know that:

- The most common drug used in the U.S. is alcohol
- The most common drugs used by children are alcohol, tobacco and marijuana
- The drug that causes most teenage deaths is alcohol
- Drugs that lead to stronger drugs are called Gateway Drugs

Activity: Newsletter

Create a newsletter. Divide the group into sections for all the journalists. Prepare news reports covering beer, alcohol, wine and wine coolers, hard liquor facts, various kinds of drugs that are inhaled, injected or swallowed, highway deaths linked to drunk driving, arrests made in your city of alcohol related crimes or violence, youth groups in your area active in drug-free activities, etc. Include essays, editorials, cartoons, poems or riddles, "forecasts" (as related to the War on Drugs), crime tips, message from a police officer, items or activities funded by the PTA for drug-free activities, etc. Name your newsletter. Assign typing to those who have access to computers. Include a proofreading and layout department.

TASK CARD # 6

BENCHMARKS - The student should know that:

- A can of beer, wine cooler, a glass of wine and a cocktail all have about the same amounts of alcohol
- Crack is a drug that is dangerous because it is cheap, easy to get and highly addictive
- Laws on drunk driving vary from state to state, but may include suspension of driver's license, fines, imprisonment and a Highway Alcohol Safety Course

Activity: Poster, Display

Design a "car of the future". Use originality, creativity and flexibility in your thinking. Nothing is too bizarre. Color the car using hypercolors and include designs and perhaps a racing stripe. What special powers and accessories does your vehicle have? Use a photograph of yourself, perhaps a school picture and place your face behind the wheel in the driver's seat. Cut out the car. Line a hallway with the futuristic cars. Put a poster at the finish line signed by everyone pledging to stay alcohol and drug-free.

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TASK CARD # 7

BENCHMARKS - The student should know that:

* Drug usage and alcohol is promoted through billboards, television, and magazines
* Lyrics to music may have drug use encouraged
* Doing organized sports, music lessons, arts and crafts, computer classes, scouts, drama clubs, and fun scheduled activities will keep you busy and away from drug exposure

Activity: Present a Lesson

Arrange to present a lesson and activity to an elementary school, primary section. Choose partners from your group to work with. Think of a way to convey a "no-use" message about drugs and alcohol. Think of a project or learning activity or a game you could play with them. Perhaps they could make hand puppets from paper bags on rulers. Candy could be offered as a prize or maybe the teacher could offer a "no homework pass".

TASK CARD # 8

BENCHMARKS - The student should know that:

* You should be ready to recognize a potential problem situation concerning drug usage, such as no one home at a friend's house, or young people sitting or standing around smoking or drinking beer
* Taking drugs or alcohol in conjunction with prescription drugs or over-the-counter drugs, can have dangerous side effects

Activities: Scavenger Hunt, Display, Discussion

Bring in many empty containers and empty packages of over-the-counter cold medicines, cough syrups, allergy medicines, sinus and flu symptoms, etc. Soak the back label off, or cut off the package. Read the warning labels. Read "Drug Interaction Precaution". Create a display that shows how many medicines you found that say "not to operate heavy machinery or a motor vehicle" while taking that drug!

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TASK CARD # 9

BENCHMARKS - The student should know that:

- Steroids have more that 70 side effects
- Steroids are used by athletes to become stronger and build muscles
- Steroid users, if discovered, are usually taken out of competitive sports

Activity: Word Scramble, Partner Exchange

Using at least ten correctly spelled drug or alcohol terms, create a word scramble. Exchange paper with a partner to see who can decode all ten words first. Ex: LCIOGHLNSAUEN = HALLUCINOGENS

TASK CARD # 10

BENCHMARKS - The student should know many different ways to refuse drugs and alcohol:

- One way to refuse drugs is to say "NO!" and mean it. Your voice, facial expressions and actions should show that you mean it
- Reasons can be given as to why you won't do the drugs (My parents will be very upset. My teachers say drugs will hurt me)
- Other suggestions of things to do could be mentioned (We could watch a video, play a game, ride bikes, instead)
- If you are not getting your drug-free message across, leave the area right away. Go home or to school or another friend's house

Activity: Skits, Role Playing, Videotaping

Make up skits and role play situations where someone is offering you alcohol or a cigarette. Show what you could do or say to get out of the situation. Videotape each presentation. Share with other classrooms or groups.

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TASK CARD # 11

BENCHMARK - The student should know:

- To be alert for signs of drug usage, such as objects used with cocaine: mirrors, razor blades, aluminum foil, glass jars, scales, cardboard cylinders, eye droppers or lighters
- To watch for common items used with marijuana that may include: soft drink cans, tweezers, rolled paper and matches

Activity: Participation, Play Game, Scavenger Hunt

To practice observation skills, do the following activity. One person secretly calls each member aside as they enter the room to attach an item from their lists. Items can be humorous or unusual or normal accessories. This person only, will know who matches which item on the list. This person should keep a record. When everyone is ready, begin the game by explaining that everyone in the room has something wrong or unusual attached to them. Distribute the object list. First person to match all recipients with correct items, wins the scavenger hunt. Add your own ideas.

Some suggestions:

Paper clip on shoe lace	Watch one hour fast	Curler in hair
One earring missing	Watch one hour slow	One sock up, one sock down
One fingernail painted red	Postage stamp taped to sleeve	No socks on
Green marker dot on palm	Rubber band on wrist	Pin upside down

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TASK CARD # 12

BENCHMARKS - The student should know:

- There are about 150,000 cancer deaths a year related to smoking
- Nicotine is the drug found in cigarettes
- Marijuana has more cancer causing substances that tobacco
- Hashish is smoked or eaten and looks like brown or black cakes or balls

Activity: Demonstration

Call your local or regional Cancer Institute for a demonstration using the smoking machine. This machine will smoke the cigarette and collect the tar and tobacco residue to show the amount and damage done by smoking. What happens to cigarette smoke when the smoker has finished the cigarette? Does the odor stay on your clothes or in the furniture, carpeting and drapes?

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TASK CARD # 13

BENCHMARKS - The student should know that:

* Drugs can be inhaled, or sniffed
* Laughing gas and some aerosol sprays and cleaning fluids cause brain damage or lack of air which could end in death
* Cocaine is injected or inhaled, and can cause death
* Dirty needles used by drug addicts carry many other diseases

Activity: Scavenger Hunt, Grid

Gather empty containers of household cleaners, solvents and compounds. Read the list of ingredients. Make a chart and list the health hazards and warnings listed. Cross reference the various warnings and health hazards on the grid chart

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TASK CARD # 14

BENCHMARKS - The student should know that :

* Some drugs give you fast energy and these are called stimulants
* Stimulants can make you see things that aren't there, make you feel moody and cause high blood pressure and strokes
* Depressants are drugs that make you feel relaxed or weak. Tranquilizers are depressants. Large doses cause coma and death

Activity: Research, Map, Discussion

Use reference sources to find where in the planet hemp, tobacco, opium poppies, coca plants, wheat and rye are grown. Use an outline of a world map. Make several copies. Show where in the planet they are grown. Color code your maps. Tell how those plants are used to create marijuana, cigarettes, heroin, cocaine and LSD.

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TASK CARD # 15

BENCHMARKS - The student should know that:

* Some drugs make the user see things that aren't real, and stop the user from feeling pain
* Time and body movement can be slowed way down with drugs like LSD, Acid or Angel Dust
* Narcotics are drugs that give feelings of great happiness followed by vomiting, drowsiness, and possible death
* Examples of narcotics are Heroin, Cocaine, Morphine and Opium

Activities: Timeline, Discussion

Create a time line that runs the length of a hallway, so everyone can learn when important drugs were discovered. Be sure to include drugs such as morphine, penicillin, sulfa and vaccines

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TASK CARD # 16

BENCHMARKS - The student should know that:

* Designer drugs are invented by mixing other drugs together
* Designer drugs are many hundred times stronger than the drugs they were intended to copy
* Sedative hypnotics are drugs which depress or slow down body functions and are more commonly known as tranquilizers

Activities: Group Research and Presentation, Debate

Learn how people first began to use drugs. Find what SQUILL was and how it was used by the Greeks and Romans. How did the roots, leaves and berries help prehistoric man? Why did the Chinese eat liver? Why did the Egyptians use castor oil? List some additional strange or unknown facts.

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TASK CARD # 17

BENCHMARKS - The student should know that:

* Steroid usage will cause increased body weight and if used with a muscle building exercise and diet, strength increases
* Doctors rarely prescribe steroids
* Steroids are affective for anemia and severe burns
* Some effects of steroid usage such as rage or depression may show up right away, but other effects such as heart attacks or strokes may not show up for years

Activities: Survey, Discussion

Take a survey of twenty five peers. Find out which sport they like best. Then list the dangers of using steriods and the team consequences.

TASK CARD # 18

BENCHMARKS - The student should know that:

* Signs of steroid use include a quick weight gain and muscle gain
* Steroid use may be revealed in a yellowish skin, purple or red spots on the body or swelling of the feet or lower legs
* Steroid usage may lead to a darkening of the skin and unpleasant breath odor

Activities: Bar Graph, Comparisons, Discussions

Take the results from Task Card # 17 and make a bar graph using graph paper if it is available. On the vertical line on the left of the paper, number 0 - 30. Across the horizontal line at the bottom, list all the favorite choice categories for sports. Draw rectangular bars upward from the choice, stopping at the number of students that chose the sport. Example: If 11 students chose football, the bar would only go up as high as the eleventh notch on the graph. Compare responses.

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TASK CARD # 19

BENCHMARKS - The student should know that:

- A Gallup Poll of Employees found that almost half of those who responded said that illegal drug use occurs at their workplace
- People who use drugs have about 40% higher absentee rate
- More that half of all murders, fatal accidents, child abuse, arrests and violent crimes involve a user of alcohol
- About a third of all hospital admissions involve drug or alcohol abuse
- High school students report that it is fairly easy to obtain drugs

Activities: Letter Writing for Social Action, Surveys, Statistics

Write to the National Transportation Safety Board to receive recent and updated statistics on teenage alcoholism:

National Transportation Safety Board
Public Inquiries RE-51
800 Independence Ave, SW
Washington, DC 20594

TASK CARD # 20

BENCHMARKS - The student should know that:

- More than a quarter million babies are born each year addicted to cocaine
- Pressure to use alcohol and illegal drugs begins at the elementary school level
- Most students feel that drug education should begin before Middle School
- At least 15% of high school students report daily alcohol use or weekly binge drinking
- Students who start smoking and drinking early, are more likely to use drugs. That's why alcohol and tobacco are referred to as "Gateway" drugs

Activity: Time Machine, Newsletter, Group Discussions

Time Machine. Think ahead to graduation from high school and Prom time. Plan a special extravaganza of an evening with drug-free activities. Where could you celebrate? What kinds of games and activities could be scheduled? Write a "newsletter" explaining the events of the evening. Make a sketch showing what you will look like when you graduate. What kinds of music, fashion, foods, and leisure activities do you predict will be popular then?

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TASK CARD # 21

BENCHMARKS - The student should know that:

* People who drive after using alcohol endanger themselves and others
* Alcohol impairs your ability to make rapid decisions and avoid dangerous situations
* Alcohol impedes reflexes and coordination
* Alcohol dulls areas of the brain
* Alcohol causes drowsiness

Activity: Research Relay, Discussion

Divide into groups. Choose a category below. Which team can find the most facts about one of these subject areas below in 20 minutes? Share your information.

The Surgeon General
Fetal Alcohol Syndrome
Alcohol Production and Fermentation
Project Red Ribbon
Blood Alcohol Concentration

TASK CARD # 22

BENCHMARKS - The student should know that:

* Coffee, a cold shower, exercise or fresh air will not make an alcohol user sober. Time is the only way to sober up
* Marijuana users are impaired for driving due to vision problems, muscle coordination and reasoning ability
* Drugs used for over-the-counter cold remedies, allergy medicines and cough medicines can also affect driving ability
* Tranquilizers cloud judgement, slow down brain functions and impair reflexes

Activity: Debate, Role Playing, Discussion

Debate your ideas on these questions:

* What should you do if you spot a drunk driver?
* What if the driver is behind your car? Ahead of you?
* What if the driver is coming head on?
* What about his license plate numbers?
* What detailed information should you report?
* What if you are on an Interstate Highway?

Now check with a police officer to learn if your answers were correct.

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TASK CARD # 23

BENCHMARKS - The student should know that:

* Drivers should never mix alcohol and tranquilizers, alcohol and marijuana, alcohol and antihistimines
* You should never ride with a drunk driver
* Ask someone else who is not drinking to drive, call a taxi or take car keys away
* Drivers taking prescription drugs should call their doctors or talk to their pharmacist if they have any questions

Activity: Participation, Demonstration, Discussion

Using a scale, get an exact weight for everyone, although no one needs to know the weight except the person on the scale. A person between 150-180 pounds must wait at least an hour per alcoholic drink. For persons weighing less, it takes less time for the alcohol to be processed. You can see why drivers may end up drinking too much. Few people realize how potent alcohol is and that it stays in the bloodstream for a long time. Your best bet is to refuse alcohol. Stay clean and free. Design posters warning about drunk drivers. Ask storeowners, professionals or businessmen to display the posters in their windows, or display in an appropriate place.

TASK CARD # 24

BENCHMARKS - The student should know:

* Be alert for drunk drivers when riding on the highway
* Watch for cars on the center line, taking wide turns, weaving or zig-zagging, following other cars too closely or starting or stopping in a jerky manner
* Drunk driving is a serious crime, even if there is no accident involved
* A "binge" is 5 or more drinks in a row

Activity: Advertisements, Commercials, Discussion

Seat belts save lives. Create and design a seat belt for a hamster, a hippo, or any other unusual animal. Show and share your advertisement. How does it work? Can the animal chew through it? What kind of a vehicle would the animal have to ride in? What other safety feature could it have?

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TASK CARD # 25

BENCHMARKS - The student should know:

* Blotter acid usually contains LSD and shows designs like wizards, flying saucers, zodiac signs, flowers or cartoon characters
* LSD is not smoked, injected or snorted so it is difficult to tell if someone is using it
* LSD in its pure form is odorless, colorless and tasteless
* LSD dissolves in water
* Blotter acid, which are small squares soaked with LSD and alcohol, and are swallowed or chewed

Activity: Bookmarks, Community Service

Design drug-free bookmarks for use by classroom teachers in your library. Use black ink so that the bookmark sheets can be photocopied. Use rulers and make careful, clever lettering to make the bookmark look professional. Add designs and slogans. Ask another teacher or facilitator to judge the best design for 1st, 2nd and 3rd place.

TASK CARD # 26

BENCHMARKS - The student should know:

* LSD highs can last for 8-12 hours
* LSD also comes in a tablet form, called a "microdot", or in gelatin called a "window pane"
* LSD users cannot make rational judgments and can step off a building several stories high
* LSD users may laugh hysterically and then suddenly become very sad or depressed

Activity: Guest Speaker Interview, Discussion

Doctors and hospital workers see a variety of drug related problems and accidents. Invite an employee from an area hospital to come and speak about the actions and consequences of drug addicts. Solicit reasons from the speaker why young people should never start or experiment with drugs.

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TASK CARD # 27

BENCHMARKS - The student should know:

* Students attending college get drunk more often than do their counterparts who do not attent college
* Nearly 4% of college students, or nearly one-half million, drink every day
* College students will spend about $4.2 billlion yearly for alcoholic beverages
* Nearly 7% of college freshmen dropouts do so as a result of drinking

Activity: Guest Speaker Interview, Questions and Answers Perior

Would you go to college if you could? What is your favorite college? What is a dormitory? Invite an older brother or sister enrolled in college classes, to explain college life, courses, scheduling, rules, cafeteria procedures, etc. Generate lists to determine the negative impact of drinking on all facets of college life.

TASK CARD # 28

BENCHMARKS - The student should know:

* Some stimulants are used legally for nonmedical reasons
* Caffeine is found in coffee, tea, many soft drinks, and products to keep the user awake
* Nicotine is the active, addicting chemical found in tobacco products
* Overuse and abuse can occur with all of the stimulant drugs, but risks are greatest with the amphetamines and cocaine

Activity: Mural, Display, Scavenger Hunt

Make a large mural of products that contain caffeine. Notice that products do not always have a brownish color, but still contain caffeine. Use magazine advertisements, grocery store adds or actual product labels. Is there a way you can group your findings into categories? Take a survey in your group, to determine which are the most popular caffeine products. Compare the effects each of you feels, from consuming too much caffeine.

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TASK CARD # 29

BENCHMARKS - The student should know:

* Amphetamines are stimulants
* Amphetamines taken nonmedically, to feel alert, energetic, "high", are illegal
* Drug dependence is the absolute need for a drug from the continuous use of that drug

Activity: Scavenger Hunt Display Board, Contest

How were you dependent upon your parents when you were a baby? How were you dependent at age 5? Age 10? How are you dependent on your parents now? Who are the other people in your life, upon which you are dependent? Include teachers, clergy, coaches, music or dance instructors, neighbors, relatives, friends, etc. Who depends on you? Bring in baby pictures for a display board. Write your name on the back. See who can guess who all the babies really are. After all pictures are identified, place current photos next to them.

TASK CARD # 30

BENCHMARKS - The studend should know:

* When a user stops taking the drug, he or she will experience withdrawal symptoms
* Depending on the drug, these can include irritability, vomiting, tremors, sweating, insomnia, or even convulsions
* To avoid withdrawal and to continue to function, the user continues to use the drug

Activity: Investigation, Color Coded Maps, Debate, Discussion

Do a crime investigation. Distribute photocopied maps of the U.S. Color code the states with the highest alcohol related accidents. Use diagonal lines to show the states with the highest violent crime rate. Is there any correlation between states with high alcohol problems and the states with high crime rates? What other conclusions can you make? Are some regions more saturated than others?

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TASK CARD # 31

BENCHMARKS - The student should know:

* Heavy doses of amphetamines can produce brain damage, resulting in speech disturbances and difficulty in turning thoughts into words
* Users who inject amphetamines can contract serious and life-threatening infections, such as AIDS and hepatitis, from dirty needles

Activity: Letter Writing for Social Action

Write a personal letter to the Congressional Representative from your area. Tell how you feel about drug abuse and drunk drivers. Write about any suggestions you have. If you have a special project developed send a photograph and explanation.

TASK CARD # 32

BENCHMARKS - The student should know:

* Long-term users of steroids often have acne resembling a measles rash
* Long-term users of steroids have trouble with teeth, gums, and nails; and dry, lifeless hair
* There are many kinds of treatment programs
* No single treatment approach seems to succeed for all people and for all drugs

Activity: Blue Print Design, Application, Discussion

Create the classroom of the future, the perfect classroom. Design the room from a birds eye view, like a blueprint. Where are the student desks? Show computers and new technology. Show a healthy, drug-free environment; a time period without crime and voilence. What incentives are there for students who are clean and free from alcohol and drugs? What activities are well behaved students allowed to participate in?

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TASK CARD # 33

BENCHMARKS - The student should know:

* Narcotics are drugs that relieve pain and induce sleep
* Narcotics are opiates
* Opiates are morphine, codeine and heroin
* Synthetic means "man-made"
* A synthetic example of an opiate is methadrone

Activity: Guest Speaker Interviews, Discussion

Drug and alcohol abuse is closely related to other serious crimes. Contact a prison official in your area to send information or visit your group. What is the life of a prisoner like? What facilities are there in a jail cell? What kind of food is served? What about mail service and medical help? Which prisoners are permitted to work or leave the premises? What about family visitations? Security?

TASK CARD # 34

BENCHMARKS - The student should know:

* Heroin accounts for most narcotic abuse in the U.S.
* Medical narcotics such as cough syrup and codeine are also abused
* An overdose of heroin can result in death
* Risk of AIDS is high in an IV user

Activity: Cartoon Characters, Humorous Factual Poster

Choose from character names listed at the end of this publication to create a person (or animal) that will deliver a drug-free message for a poster. Display your drug-free posters throughout your hall, or meeting place. Use the character's name to complete a drug or alcohol message. Example: Justin Case -"Just in case you didn't know, almost half of all highway accicents are related to alcohol abuse!"

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TASK CARD # 35

BENCHMARKS - The student should know:

* Full blown withdrawal from heroin symptoms include sweating, shaking, vomiting, running nose and eyes, chills, abdominal pains and diarrhea
* Taken together, tranquilizers and alcohol can kill

Activity: Contest, Voting Dots, Decision Making, Discussion

Using the posters from Task Card # 34, have a contest using colored, adhesive dots, sold where file labels are sold. Each person gets a strip of the dots, and examines each poster, sticking appropriate number of dots on an index card taped below the poster. Perhaps a voter won't assign any dots to some posters, and 5 or 6 to others. The winner is the poster with the most voter dots.

TASK CARD # 36

BENCHMARKS - The student should know:

* All the facts in this publication

Activity: Mock TV Game Show

Using the facts in this publication, play team competition by disguising some of the facts as false and leaving some true. Try making some questions multiple choice. Put one fact per index card. Team with the most points wins.

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Fill in the blanks with alcohol-free and drug-free advice. Create a cartoon character poster, using the names in the following list: Example: Justin Case: Just in case you haven't heard, I'm drug-free.

Tom Morrow (Tomorrow...)
Mel Odies (Melodies...)
Pat Troll (Patrol...)
Sara Person (Is there a person...)
Toad Ollie Totally...)
Ben Away (Been away...)
Dew Drop (Do drop...)
Justin Case (Just in case...)
Mark King (Marking...)
Eggs Act (Exact...)
Bill Ton (Built on...)
William Mind (Will you mind...)
Joe King (Joking...)
Adam Up (Add 'em up...)
Dina Might (Dynamite...)
Cousin Time ('Cause in time...)
Gwen R. Wee (When are we...)
Casey Forgets (In case he forgets...)
Pat Turn (Pattern)
Ella Vater (Elevator...)
Ann Surr (Answer...)
Abe Bull (Able...)
Bill Ding (Building...)
Ken U. Learn (Can you learn...)
Dora Bull (Adorable...)
Al Cohall (Alcohol...)
Dee Side (Decide...)

Summer Saults (Somersaults....)
Sue Peer (Superior
Bea Long (Belong...)
Ann Ounce (Announce...)
Sal Hoot (Salute...)
Alma Love (All my love...)
Carrie Good (Carry good...)
Taco Lot (Talk a lot...)
Paul Light (Polite...)
Anita Hue (Ah' need a you...)
O. Bay (Obey...)
Kara Bunch (Care a bunch...)
May King (Making...)
Rich N. Fame (Rich and famous...)
Lee Derz (Leaders...)
Mike Kind (My kind...)
Dan D. Time (Dandy time...)
Jess Think (Just think...)
Noah When (Know when...)
Darren Hall (Darin' all...)
Paul Loot (Pollute...)
Karen Bout (Care about...)
Snow Kidding (No kidding...)
Bea Ginning (Beginning...)
Keri News (Carry news...)
Bub Lee (Bubbly...)
Sarah Monies (Ceremonies...)

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Disco Cane(This cocaine...)
Anna More (And the more...)
Mark Myword (Mark my word...)
Fay Mand (Fame and...)
Radio Not (Ready or not...)
Lee Vit (Leave it...)
Rob Bing (Robbing...)
Abe Bell (Able...
M. Catching (Am catching...)
Zeek Friends (Seek friends...)
Dy Namic (Dynamic...)
Phil Ter (Filter...)
Ann Area (An area...)
Kurt Tail (Curtail...)
P. Pull (People...)
Stan Dards (Standards...)
Joy N. Forces (Join forces...)
U. Zing (Using...)
Arthur Itty (Authority...)
Jenny Rate (Generate...)
Prince E. Pal (Principle...)
Emma Frayed (I'm afraid...)
Stu Dents (Students...)
Weston Peace (Rest in Peace...)
Vanna Lism (Vandalism...)
Doll Erz (Dollars...)
Vic Tims (Victims...)
Millie Tary (Military...)
X. Cell (Excel...)
Vi O'Lance (Violence...)

Howie Gonna (How we gonna'...)
Kara Lot (Care a lot...)
Bev Verage (Beverage...)
Sue Nerr (Sooner...)
Hy Ways (Highways...)
Whiz Key (Whiskey...)
Jay L. Time (Jail time...)
Dee Pend (Depend...)
Ben Watching (Been watching...)
Desi Nate (Designate...)
Otto No (Ought to know...)
Fay Vorite (Favorite...)
Abe Bility (Ability...)
Reed Ooze (Reduce...)
Maxi Mum (Maximum...)
Benny Fits (Benefits...)
Biff Fore (Before...)
A. Boot (A beautiful...)
Lars Any (Larceny...)
Leigh Gal (Legal...)
N. Urgy (Energy...)
Wit Ness (Witness...)
Lou Zerrs (Loosers...)
Nick O'Teen (Nicotine...)
Mati Chur (Mature...)
Dee Bree (Debris...)
Falon Knee (Felony...)
N. Dever (Endeavor...)
Bonnie Fide (Bonified...)
Sid Deez (Cities...)

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE EIGHT

NAME_____DATE_____

WRITE TRUE OR FALSE BEFORE EACH STATEMENT.

_____1. Accidents related to drugs are the leading cause of death for people 15-25 years of age.

_____2. Alcohol solves all your problems.

_____3. "Smokeless" tobacco is not as harmful as the kind that is smoked.

_____4. Alcohol's pathway is through the entire body.

_____5. Steroids can have more than 70 side effects.

_____6. Steroid users, if discovered, are taken out of competitive sports.

_____7. Caffeine is the drug found in cigarettes.

_____8. Drugs can be inhaled, swallowed or injected.

_____9. Amphetamines are drugs that make you feel relaxed or weak.

_____10. Large doses of tranquilizers cause coma or death.

_____11. Narcotics are drugs that give feelings of great happiness, followed by drowsiness, vomiting and possible death.

_____12. Designer drugs are many hundred times stronger than the drugs they were intended to copy.

_____13. Doctors rarely prescribe steroids.

_____14. Doctors will prescribe steroids for anemia and severe burns.

_____15. High school students report that it is difficult to obtain drugs.

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MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

16. Students drink alcohol
    A. to get high
    B. because they're bored
    C. when they are upset
    D. when they are alone
    E. all of the above

17. Crack is dangerous because
    A. it is cheap
    B. it is easy to get
    C. it is highly addictive
    D. all of the above
    E. none of the above

18. Many drugs mixed together are called
    A. gateway drugs
    B. designer drugs
    C. goofballs
    D. tobacco blends
    E. hashish

19. Heroin, cocaine, morphine and opium are examples of
    A. marijuana
    B. tobacco
    C. narcotics
    D. gateway drugs
    E. over-the-counter drugs

20. Steroid use causes
    A. yellowish skin
    B. red or purple dots
    C. swelling of the feet
    D. unpleasant breath
    E. all of the above

FILL IN THE BLANK.

21. Cigarettes contain more than 4,000 _____ that are harmful.

22. Cigarette smoking causes diseases, especially lung _____.

23. The most common drug in the U.S. is _____.

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24. An arrest from drunk driving, may mean fines, imprisonment, and suspension of the driver's _____.

25. Drugs that lead to taking stronger drugs are called _____ drugs.

26. Drug usage is promoted by billboards, television and _____.

27. _____ to music may encourage drug usage.

28. Taking drugs or alcohol along with _____ drugs, can be very dangerous.

29. _____ has more cancer causing agents than tobacco.

30. _____ can be smoked or eaten and looks like brown or black cakes or balls.

31. Signs of steroid use may be a quick weight gain and a quick _____ gain.

32. More than a quarter million babies born each year are addicted to _____.

33. Pressure to use alcohol and illegal drugs begins at the _____ school level.

34. Coffee, a cold shower, exercise, or fresh air will not make an alcohol user _____.

35. An alcoholic "binge", is _____ or more drinks in a row.

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SPARKS DRUG AND ALCOHOL AWARENESS TEST FOR GRADE EIGHT

ANSWER KEY

WRITE TRUE OR FALSE BEFORE EACH STATEMENT.

TRUE 1. Accidents related to drugs are the leading cause of death for people 15-25 years of age.

FALSE 2. Alcohol solves all your problems. **IT DOES NOT**

FALSE 3. "Smokeless" tobacco is not as harmful as the kind that is smoked. **IT IS JUST AS HARMFUL**

TRUE 4. Alcohol's pathway is through the entire body.

TRUE 5. Steroids can have more than 70 side effects.

TRUE 6. Steroid users, if discovered, are taken out of competitive sports.

FALSE 7. Caffeine is the drug found in cigarettes. **NICOTINE**

TRUE 8. Drugs can be inhaled, swallowed or injected.

FALSE 9. Amphetamines are drugs that make you feel relaxed or weak.

TRUE 10. Large doses of tranquilizers cause coma or death.

TRUE 11. Narcotics are drugs that give feelings of great happiness, followed by drowsiness, vomiting and possible death.

TRUE 12. Designer drugs are many hundred times stronger than the drugs they were intended to copy.

TRUE 13. Doctors rarely prescribe steroids.

TRUE 14. Doctors will prescribe steroids for anemia and severe burns.

FALSE 15. High school students report that it is difficult to obtain drugs. **IT IS VERY EASY**

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MULTIPLE CHOICE. CIRCLE THE CORRECT ANSWER.

16. Students drink alcohol
    - A. to get high
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FILL IN THE BLANK.

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22. Cigarette smoking causes diseases, especially lung **cancer**.

23. The most common drug in the U.S. is **alcohol**.

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24. An arrest from drunk driving, may mean fines, imprisonment, and suspension of the driver's **license**.

25. Drugs that lead to taking stronger drugs are called **gateway** drugs.

26. Drug usage is promoted by billboards, television and **magazines**.

27. **Lyrics** to music may encourage drug usage.

28. Taking drugs or alcohol along with **prescription** drugs, can be very dangerous.

29. **Marijuana** has more cancer causing agents than tobacco.

30. **Hashish** can be smoked or eaten and looks like brown or black cakes or balls.

31. Signs of steroid use may be a quick weight gain and a quick **muscle** gain.

32. More than a quarter million babies born each year are addicted to **cocaine**.

33. Pressure to use alcohol and illegal drugs begins at the **elementary** school level.

34. Coffee, a cold shower, exercise, or fresh air will not make an alcohol user **sober**.

35. An alcoholic "binge", is **5** or more drinks in a row.

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